

**PODOLOGIC AID**

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**Technical Field of the Invention**

The present invention relates to a podologic aid that  
5 comprises an elongated shaft portion and two end portions.

**Prior Art**

From SE-C-512 447 a device for podology is previously  
known, said device comprising a base plate that least on one  
10 side has an abrasive material. At opposite ends of the base  
plate bulges of an elastic friction material are provided.  
This reduces the risk that the base plate slides relative to  
the ground that it rests upon.

From EP-A-0 269 040 a foot file is previously known,  
15 said foot file having a handle and a portion that is equipped  
with an abrasive surface, said portions being pivotally  
connected to each other in order to angle the portions  
relative to each other. Further, the portion equipped with an  
abrasive surface is also rotatable round an axis that extends  
20 in the longitudinal direction of the portion.

**Objects and Features of the Invention**

A primary object of the present invention is to present  
a podologic aid of the type defined above, said aid being  
25 extremely user-friendly, especially for persons having reduced  
ability to move.

A further object of the present invention is that the  
aid should be versatile, i.e. it shall manage to handle a  
number of functions in connection with podology.

30 Still an object of the present invention is that the aid  
should include a number of interchangeable wear parts.

At least the primary object of the present invention is  
realised by means of a podologic aid that has been given the  
features of the appending independent claim 1. Preferred  
35 embodiments of the invention are defined in the dependent  
claims.

**Brief Description of the Drawings**

Below an embodiment of the invention will be described, reference being made to the accompanying drawings, where:

- Figure 1 shows a side view of the aid according to the present invention;
- Figure 2 shows a view from the right in figure 1 of the aid according to the present invention;
- Figure 3 shows a view from the left in figure 1 of the aid according to the present invention;
- Figure 4 shows a perspective view of a detail at one end of the aid; and
- Figures 5-9 show schematically different functions of the aid according to the present invention.

**Detailed Description of a Preferred Embodiment of the Invention**

The podologic aid shown in figures 1-4 comprises an elongated shaft portion 1 that in the shown embodiment generally has a linear extension. At one end of the shaft portion 1, the lower in figures 1-3, a first end portion 3 is provided and at the other end of the shaft portion 1, the upper in figures 1-3, a second end portion 5 is provided.

As is evident from figures 2 and 3 the first end portion 3 has an essentially larger width, i.e. the extension transverse to the plane of the paper in figure 1, than the shaft portion 1. Generally, the first end portion 3 is flat-shaped. The reason therefore is that on one side, the right one in figure 1, the first end portion 3 carries an abrasive paper 7 that is detachably mounted on the first end portion 3, e.g. by means of self-adhering tape.

On the side of the first end portion 3 that faces away from the abrasive paper 7 the first end portion 3 is equipped with a generally flat-shaped supporting element 9 that has an extension transverse to the longitudinal direction of the first end portion 3. The supporting element 9 has a width, i.e. an extension transverse to the plane of the paper in figure 1, that essentially exceeds the width of the first end portion 3. On the upper side of the supporting element 9, i.e. the side that faces towards the second end portion 5, a

mirror 10 is provided that preferably is permanently attached to the first end portion 3, e.g. by means of an adhesive. Preferably the mirror 10 is suppressed in the first end portion 3 and thereby projecting sharp edges of the mirror 10 is prevented. At its free end the first end portion 3 is equipped with a bulge 11 that may be equipped with a friction material. As is evident from figure 1 the supporting element 9 enables the aid to assume an upright position, i.e. the user may put the aid aside without the aid falling over. The friction material obstructs sliding of the supporting element 9 relative to the supporting ground. The friction material may also have a shock absorbing function, this being a benefit since the first end portion 3 carries the mirror 10.

The first end portion 3 has also two hooks 12 and 13 that are located at the distance from each other in the longitudinal direction of the aid. The aim of the hooks 12 and 13 is to constitute fastening means for a drying cloth or the like, whose function will be described below in connection with figure 8. One hook 13 is provided on the bulge 11 and preferably suppressed in the bulge 11, whereby a projecting part is prevented.

At the opposite end of the shaft portion 1 a second end portion 5 is provided that in side view according to figure 1 generally has claw-shape while the second end portion 5 in the views according to figures 2 and 3 extends in the longitudinal direction of the shaft portion 1. At the free end of the second end portion 5 a shaft 14 is provided, see figure 4, a roller 15 being rotatably provided on said shaft 14. The roller 15 is interchangeable and preferably manufactured from foamed plastic or foamed rubber.

The portion of the second end portion 5 that not constitutes the shaft 12 includes a number of first grip areas 16, 17, 18, whose use will be illuminated below. The second end portion 5 is also equipped with two openings 19 and 20 that may be used in connection with hanging of the aid on a hook or a nail.

In figure 5 the first measure is shown that is taken by a person who is going to use the aid according to the present invention. As described above the first end portion 3 carries

a mirror 10. By for instance holding the aid according to the present invention in the way that is shown in figure 5 the user may orient the mirror in a suitable way relative to the lower side of his/her foot in order to study the lower side of his/her foot and get information about possible injurious or other defects that should be taken care of at the lower side of his/her foot. As is evident from figure 5 the user has gripped, with both hands, suitable grip areas 16-18 of the second end portion 5. The mirror 10 may of course also be used to inspect the results of the podology that has been carried out, the user in principle acting in a corresponding way as illustrated in figure 5.

In figure 6 the handling of the aid according to the present invention is illustrated in connection with the filing of a heel of the user of the aid, the user being seated on a chair. In connection therewith the user locates the free end of the supporting element 9, i.e. the bulge 11, of the first end portion 3 to abut against the ground/floor and the abrasive paper 7 will be faced upwards. The user grips with one hand around a suitable grip area 16-18 of the second end portion 5 and the shaft portion assumes an inclined position relative to the ground/floor. The user may now locate the heel of one foot on the abrasive paper 7 and by moving the foot to and fro in the direction of the first double arrow P1 a grinding of the heel in question takes place.

The grinding of the heel may also be performed in a standing position, reference being made to figure 7. In connection therewith the user locates the free end of the supporting element 9 against a transition between a floor and a wall. The user holds his hand around a suitable grip area 16-18 of the second end portion 5, the shaft portion 1 generally having an extension along the wall. The abrasive paper 7 will be facing outwards, away from the wall, and the user may bring one of his heels into contact with the abrasive paper 7. Grinding will be effected by moving the foot to and fro in the direction of the second double arrow P2.

In connection with exercising podology it is common to have a foot bath. For persons having reduced ability to move it is a certain difficulty to dry the foot between the toes.

To this end the first end portion 3 of the aid according to the present invention is equipped with two hooks 12 and 13 and respective ends of a drying cloth H is fastened between the hooks 12 and 13. This is illustrated in figure 8. In connection therewith the drying cloth H assumes a stretched position between the hooks 12 and 13. In order to effect this the drying cloth H may in itself be elastic or equipped with elastic loops that are fastened around the hooks 12 and 13. The user grips the aid via a suitable grip area 16-18 of the second end portion 5 and the free end 11 of the supporting element 9 is brought to contact the ground in order to bring a certain inclination to the aid according to the present invention while the drying cloth H generally has a vertical extension. The user may now enter the stretched drying cloth H between two toes and by moving the foot to and fro in the direction of the fourth double arrow P3 drying between the toes is effected. As an alternative to the moving of the foot in the direction of the double arrow P3 the aid according to the present invention may be moved in the direction of the double arrow P3 while the foot remains stationary.

It is common that a podologic session is terminated by lubrication of the foot. By means of the aid according to the present invention it is suitable to act in the way that schematically is shown in figure 9. Subsequent to the applying of skin cream to the roller 15 the user is seated on a chair and grips the aid according to the present invention in the way that for instance is shown in figure 9, i.e. the user grips with both hands around the first end portion 3. Then the roller 15, equipped with skin cream, is applied to the foot and the roller 15 is brought to roll along the foot in the way that is indicated by the fourth double arrow P4. In order to effectively clean the roller 15 it is detachable from the shaft 9 that is attached to the second end portion 7.

The above described uses of the aid according to the present invention are only examples of possible uses. The individual user of course handles the aid in the way that suits him/her best depending on the degree of reduced ability to move or handicap.

**Feasible Modifications of the Invention**

The embodiment described above of the aid according to the present invention constitutes a preferred embodiment. However, a podologic aid according to the present invention  
5 may comprise both more or less functions in order to facilitate podology for persons having reduced ability to move. The primary features of the aid according to the present invention are evident from the appending independent claim 1.

10 The mirror that is incorporated in the aid according to the present invention may be domed to achieve a magnifying effect when the user looks at the part of the foot that is located in front of the mirror.

In connection with the embodiment described above the  
15 abrasive paper 12 is located on the opposite side of the shaft portion 1 compared to the mirror 13. However, within the scope of the invention it is feasible that the abrasive paper and the mirror are located on the same side of the shaft portion, preferably in connection with each other.

20 As regards the material that the shaft portion according to the present invention is manufactured from injection moulded plastic seems to be the primary alternative although other alternative materials are not excluded.